

Postop	Goals	Precautions	Exercises
Weeks 0-2 PT 1x/week HEP daily	Full passive extension 90° knee flexion Patella mobility Edema and pain control SLR without lag Promote independence	TDWB (20%) with crutches Brace locked at 0° for ambulation Brace locked at 0° for sleeping Max knee flexion 90°	Daily HEP 2 sets x20 reps AA heel slides (with towel) AA extension Quad sets/SLR Prone active hamstring curls Stretches: hamstring and gastroc
Weeks 2-6 PT 1x/week HEP daily	Full passive extension 90° knee flexion Patella mobility Edema and pain control SLR without lag Promote independence	TDWB (20%) with crutches Brace locked at 0° for ambulation Unlock 0-90° when not ambulating Max knee flexion 90°	Progress heel slides to bike with minimal resistance (10min duration initially and add 5min/week) Active knee extension Active SLR minimal resistance Active prone hamstring curls minimal resistance Stretch: hamstring and gastroc Add pain-free rectus stretch
Weeks 6-9 PT 2- 2x/week HEP daily	Full ROM Ascend 8" step with control Improve ADL endurance	Progress to WBAT DC brace when adequate quad DC crutches when gait normalizes Avoid painful activities No running	Continue above exercises Walking program 15-30min 3x/week Progress quad strengthening Initiate step-up program
Weeks 9-12 PT 2- 3x/week HEP daily	Improve endurance Descend 8" step with control Walk 45 min pain free Improve strength/flexibility	WBAT Avoid painful activities No running until: Strength >70% normal side MD approved	Continue above Progress walking 45min 3x/week 8" step-down satisfactory
Weeks 12+ PT 1x/week HEP daily	No apprehension with sport specific movements Maximize strength and flexibility to meet sporting demands	WBAT Avoid painful activities No running until: Strength >70% contralateral MD clearance No agility training until: Strength >90% contralateral Run 10min without symptoms MD clearance No RTP until: Passes RTP evaluation MD clearance	Progress above Assess strength (week 12) with 1 set to fatigue for: SLR, knee extension, hamstring curls, heel raises, leg press Running program: MD approval Agility training: MD approval RTP: MD approval